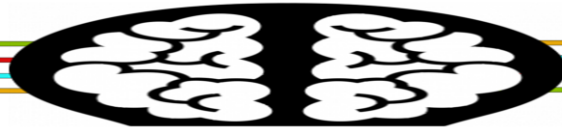


Youth Mental Health First Aid Training



Available Session Dates:

April 10, May 22, June 26, 2020

8:00 a.m. to 4:30 p.m.

Check-in 7:30 a.m.

Why Mental Health matters for youth: 1 in 5 youth will experience a mental health challenge at some point during their life.

Youth Mental Health First Aid (YMHFA) is designed to teach adults how to help an adolescent (ages 12-18) who is experiencing a mental health or addiction challenge or is in crisis. The course introduces common mental health challenges, reviews typical adolescent development and teaches a 5-step action plan for how to help young people both in crisis and non-crisis situation. Topics covered include anxiety, depression, substance use disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

How “Youth Mental Health First Aid” can help:

- Inform school staff about common mental health concerns among youth.
- Reduce stigma.
- Teach school staff how to recognize signs and symptoms of mental health and substance use problems in youth.
- Provide school staff with skills to use a 5-step action plan to help a youth who may be facing a mental health problem or crisis.

To RSVP please email Dr. Ilin Magran : imagran@gusd.net by April 8, 2020

Location: Boardroom @ Glendale Unified School District: 223 N. Jackson Street, Glendale, CA 91206
(Includes light breakfast, materials and lunch)